

week 53:	"shrek"
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We all know Shrek is our hero – he is the ogre we love and adore ... let's take a trip down to the swamps and see what he is up to ...¹

Games:

1. **Team:** Heroes are stronger together

Shrek is a softie at heart and would manage to help anyone stuck in the swamps!

Use two planks of wood (or similar). A Scouter, needs rescuing from the other side of the hall (or designated area). Using only 2 planks of wood, the Cubs need to work together in their Sixes to get to the Scouter without otherwise touching the floor. (As an alternative to the planks of wood, you can use chairs or newspaper).

2. **Active:** Dragon Game

The Cubs should form a dragon by lining up in a file, each holding the waist of the Cub in front. The first Cub in line is the dragon's head and the last person is the tail. The object of the game is for the head to catch the tail. The tail, of course does not want to be caught and tries to hold on tight so that the dragon does not break up as it twists and turns its way around the meeting hall. When the head catches the tail, select another two Cubs to be the head and tail.

3. **Circle:** Quicksand

Tie the ends of a long rope together to form a large rope circle. Mark off another circle (the quicksand) on the floor or ground, about one third of the size of the rope circle. Cubs take hold of the rope with both hands, forming a ring around the quicksand. On a signal they all try to pull as many of the other players as possible into the quicksand while keeping out of it themselves. As soon as a Cub steps into the quicksand, he/she is out of the game. The game continues until only one player remains. Depending on the number of Cubs in the pack, you may want to split the pack in two and run two separate games.

4. **Quiet:** Monster Drawing

Cubs in Sixes; each has a sheet of paper and a pencil. The first Cub draws a head at the top of their page, then folds it over and passes the page onto the next Cub. He/she draws a neck, folds and passes on. Then body, arms, legs and feet. At the end unfold paper and see which monsters live in the swamp.

5. **Relay:** Germ relay

Each Six has a basin of warm water, soap, nail brush and towel. In turn, each Cub washes and dries hands, runs back to the Six and the Cub's hands are checked by the Sixer. If they have been washed and dried correctly, the next Cub may go.

6. **Active/Steam release:** Foot game

Cut out a lot of large feet from newspaper, spread around a designated area. Cubs run around and when the whistle blows, they stand on a foot. Keep removing feet one at a time. If they can't stand on a foot then they are out.

Sense Training:

1. Feel: Walking through the Swamp

Have 12 beer trays lined with plastic bags lined up – each with a different texture in it. The Cubs take off their shoes and socks and are blindfolded. Lead them through the trays and after they have walked through all 12 trays, they need to try and identify what they have stood on. Examples are mud, gravel, sand, lentils, tapioca soaked in water, wall paper glue, water, crushed ice, etc. Have water and a towel handy to wash feet afterwards.

2. Sound: What is out there?

Sounds Shrek may hear from his house (if he had clean ears!)

Have different swampy sounds recorded for the Cubs to listen to and identify. Examples are toilet flushing, frogs croaking, pouring water, squelching through mud, stew boiling, popping a balloon, flies buzzing, crickets chirping, burping, stomping, etc.

Yarn: (Source: DreamWorks Animation LLC)

Shrek

In a kingdom called Duloc, a little ogre called Shrek is sent away by his parents to live all alone. He finds a stinky swamp to live in and soon becomes a big ogre. Everyone is scared of him and he has no friends. Shrek learns to like being alone and gets angry if anyone disturbs him.

One day, Shrek finds a big group of upset Fairy-tale Creatures on his land. He tells them to go away, but they will not leave. They tell him they have been sent away by the evil (and very small) Lord Farquaad for being 'freaks'. Shrek has no choice but to visit Lord Farquaad and ask for his land back.

On his way to visit Lord Farquaad, Shrek meets a frightened talking Donkey, who tries to make friends with him. At the palace, Lord Farquaad realises he must marry a Princess if he wants to be King. He tells Shrek that he can have his land back if he rescues the Princess from a far-away tower, guarded by a dragon.

Shrek agrees to rescue the Princess and sets off on his journey with Donkey. They meet the dragon who falls in love with Donkey and forgets to guard the tower. Shrek rescues the Princess. Princess Fiona has been waiting for many years to be rescued by a Prince. When she sees that Shrek is an orc, she is very upset.

Shrek, Fiona and Donkey begin making their journey back to Duloc so that Fiona can marry Lord Farquaad. At night, Fiona hides in a cave so that Shrek and Donkey don't notice her secret: she has been cursed. Every night she turns into an ogre, just like Shrek. In the morning she becomes a Princess again, so her secret is safe.

The next night, Donkey realises that Shrek and Fiona are falling in love. Fiona hides in her cave once again and turns into an ogre, but Donkey finds her and the secret is revealed. Donkey tries to convince Fiona to talk to Shrek about her feelings. Shrek overhears Fiona talking about being ugly and thinks she is describing him, rather than herself.

It is the day of the wedding and Fiona and Shrek are not talking to each other. Lord Farquaad comes to greet Fiona and they decide to get married the same day, despite her feelings for Shrek. Donkey tries to get Shrek to understand the mistake he has made and convinces Shrek to tell Fiona how he really feels. Shrek finally listens and runs to the cathedral as fast as he can.

Just in time, Shrek tells Fiona the truth. As the sun sets, Fiona turns into an ogre in front of everyone. Lord Farquaad is disgusted. The Fairy-tale Creatures come in and reveal that Lord

Farquaad is actually the son of a dwarf and therefore just like them. He is furious. Just in time, the dragon comes in and saves the day. Fiona and Shrek share true-love's first kiss and live happily ever after. ¹

We all know that Shrek wasn't big on hygiene Let's show him how it is done!

Craft/Activity:

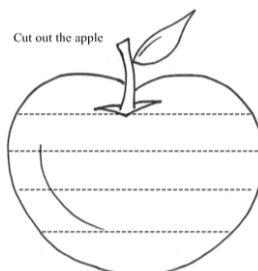
1. **Activity:** Let's Look after ourselves

The idea behind this activity is to play the game which will focus on the Cubs looking after themselves and encourage discussion. All Cubs need to be numbered either a 1 (Silver Wolf) or 2 (Gold Wolf). The questions will be coded accordingly so if a number 1 is called, the question will relate to the Silver Wolf advancement and if a number 2 is called, the question will relate to Gold Wolf advancement. The Cubs can sit in their Sixes. Before calling out the question ask a number 1 (if calling a Silver Wolf question) or number 2 (if calling a Gold Wolf question) from each Six to stand up to answer the question.

The game board is as follows and can be made as big as necessary. One game board per group/Six.



The game pieces are pieces of apple – each Cub will get an apple and as they get a correct answer they can tear off a piece of the apple (along the dotted line) and place the piece in the mouth:



Some ideas for questions for the Silver Wolf advancement:

Why is it important to wash our hands?

- To kill bacteria
- To smell nice
- Because mum says so
- To keep skin soft

If bacteria from our hands is put into our mouth what could happen?

- We can get spots
- We can get ill
- Nothing
- We will be hungry

How often should we wash our hands?

- Twice per day
- Once per week
- Whenever we may have touched bacteria
- Before eating

If we don't wash our face very often what can happen?

- You will be ugly
- You may get spots
- Your skin will dry up
- Nothing

What happens to our body if we don't wash regularly?

- It will smell
- Nothing
- Our skin will dry up
- We will be tired

How often should we change our underwear?

- Once per week
- Twice per month
- Every day
- Every hour

How often should you brush your teeth?

- At least once per day
- At least twice per day
- At least once per week
- At least once per month

What happens if you don't brush your teeth regularly?

- Smelly breath and decayed teeth
- Decayed teeth
- Fresh breath and strong teeth
- Smelly breath

Good food hygiene prevents.....?

- Burning the food
- Food poisoning
- Eating too much
- Too much washing up

Some ideas for questions for the Gold Wolf advancement:

Good article on **Drugs** to read and set up questions: <http://kidshealth.org/en/kids/know-drugs.html#>

Smoking questions:

- If you don't smoke you won't have to worry about having bad ***** (breath) or yucky skin.
- When you are around someone who is smoking, you are breathing in ***** (second) hand smoke.
- If you smoke, cigarettes can make your teeth y***** (yellow).
- Choosing to be Smarter than Smoking means you will have healthier ***** (skin).
- Used cigarette butts can damage the ***** (environment)³
- Smoking cigarettes makes your heart beat ***** (faster), making it work harder.
- There are over 4000 ***** (chemicals) in cigarette smoke.
- Most young people choose to be Smarter than ***** (Smoking).
- Smoking reduces the amount of ***** (oxygen) that gets into the organs in your body.
- Smoking can cause lung ***** (cancer).

Alcohol abuse:

Good article on alcohol abuse - read and set up questions:

<http://kidshealth.org/en/kids/alcohol.html>

2. **Activity:** Make toothpaste

Materials:

- * 4 tsp baking soda
- * 1 tsp salt
- * 1 tsp flavoring (vanilla, almond or peppermint extract)
- * Toothbrush
- * Floss
- * Airtight containers

Mix together; put in containers. Dampen toothbrush and dip in mixture to use.

3. **Activity:** Apple Shrek

<http://www.housingaforest.com/shrek-apple-snack/>

4. **Handcraft:** Shrek Toilet Roll Craft

<http://www.dltk-kids.com/crafts/cartoons/mshrek.htm>

What would a swamp be without a little song and dance?

Singing/Play Acting:

1. **Singing and Playacting:** Swamp Chant

Actions:

Frog: *Mmmmm* – make a big deliberate blink; *la-dee-da-dee-da* – hands in front of you, one palm up and one palm down, wriggle fingers, then switch

Bear: *Grrr!* – claws like a bear in front of you; *huggy, huggy* – hug your neighbours (first to the right and then the left)

Fish: *Splish-splash* – hold your nose like you're diving into the water; *na-nee-na-nee-na* – twirl around to the left and then to the right

Mmmm Mmmm went the little green frog one day
Mmmm Mmmm went the little green frog
Mmmm Mmmm went the little green frog one day
So we all went mmmm, mmmm ahh

But we know frogs go la-dee-da-dee-da, la-dee-da-dee-da, la-dee-da-dee-da,
We know frogs go la-dee-da-dee-da
They don't go mmmm, mmmm, ahh!

Grrr! Grrr! Went the big brown bear one day
Grrr! Grrr! Went the big brown bear
Grrr! Grrr! Went the big brown bear one day
So we all went Grrr Grrr Grrr!

But we know bears go huggy-huggy-huggy, huggy-huggy-huggy, huggy-huggy-huggy,
We know bears go huggy-huggy-huggy
They don't go Grrr Grrr Grrr!

Splish splash went the little blue fish one day
Splish splash went the little blue fish
Splish splash went the little blue fish one day
So we all went splish splash splish!

But we know fish go na-nee-na-nee-na! na-nee-na-nee-na! na-nee-na-nee-na!
We know fish go na-nee-na-nee-na!
They don't go splish splash splish!

Advancement covered:

Silver Wolf:

Awareness Challenge - Healthy Living: Show that you understand why you should keep your body, hands, nails and teeth clean.

Gold Wolf:

Awareness Challenge - Healthy Living: Understand what effect smoking, alcohol and drug abuse may have on your body.

Acknowledgement to source *Shrek*: DreamWorks Animation LLC

¹Shrek: Produced by PDI/DreamWorks; directed by Andrew Adamson and Vicky Jenson: Released by: DreamWorks